



FOR ALL YOUR FOOTCARE NEEDS

Footprints Blenheim Podiatry

Winter 2015

FEATURED PRODUCT

Welcome

Welcome to our first edition of our seasonal newsletter, *Footprints*. In this edition you will find great tips and advice for some common podiatry related conditions and complaints. We hope you find it enjoyable. Your friendly Blenheim Podiatry team – Matthew, Kate and Lisa

If there is something else related to your feet and podiatry then please have a look around our website. It is packed with loads of useful information and explains more what Podiatrists do!
www.blenheimpodiatry.co.nz

Also check out and like our Facebook page for more information



Being in pain is no fun, and neither is not being able to do the things you want to. We like nothing better than to put a smile on your face and to sort the problem that is slowing you down and get you back on your feet.

We are really proud of our fine new clinic in town, we have the latest equipment so we can treat you professionally and in comfort— because we love what we do and we take your foot health seriously.



Chilblain Suppressor

Tigerlilly's Chilblain Suppressor is a 100% natural product that works wonders on the nasty winter ailment of chilblains. It is developed to aid in the management of chilblains

For the months of July and August 2015, mention this and receive 10% off the normal retail price.

Winter Foot Care

Winter is certainly upon us and it's easier to protect your feet during these harsh winter months, but one needs to look after them. Blenheim Podiatry recommend these tips should be followed to maintain great foot health over the colder months.

Here are the tips:

- **Wash feet daily:** Wearing socks and closed in shoes all day is when you sweat a lot and so do your feet. This attracts lots of dirt and dust.
- **Moisturise daily:** Use any lotion or foot cream and make it your daily routine to apply it on your feet. But don't go overboard with moisturiser especially between your toes as it might cause fungal infection.

- **Choose comfortable footwear:** Give your feet space to breathe by wearing comfortable footwear preferably made of mesh fabric.
- **Wear thicker non-constricting socks.**
- Feet still perspire even in cold weather and can lead to fungal infections. It is important to clean and dry the feet thoroughly each day and change socks daily too. Check between your toes regularly for signs of fungal infection



NEED EXTRA HELP?

If you are struggling or suffering you know we are always here to help, just call Blenheim Podiatry for friendly, experienced advice for your feet! 03 577 8959 or check out www.blenheimpodiatry.co.nz



Is your child complaining of sore heels?

It's that time of year, all winter sports are well and truly underway. If you have a child who is complaining of heel pain with activity then they may have Sever's

Sever's Disease (calcaneal apophysitis) is an overuse syndrome

It is thought to be a traction injury, where the Achilles tendon and Plantar fascia pull in opposite directions. Sever's occurs in children aged 8 to 16 years old.

In children, the heel bone is made up of 2 bones, with a growth plate of cartilage in between the sections, holding these 2 bones together. As the cartilage expands, the edges of it eventually turn to bone, and finally the gap closes. This usually occurs within the first 13-15 years of life. However, because these bones are connected by cartilage they are weaker than normal bones. This is why they are very vulnerable to injury.

Contraction of the calf muscles along with the rapid growth of the leg bone (tibia), decreases ankle motion and increases strain on the heel area. This puts strain on the Achilles tendon. Injury results from repetitive pulling through the heel bone by the Achilles

and the traction forces from the plantar fascia.

Sever's is recognized by pain in the back and lower regions of the heel. It usually starts during or immediately following the child's growth spurt, and/or in very active individuals. The child will usually have pain during or following participation in sport, and will often be seen limping off the field or court.

Symptoms of Sever's

- Painful heel
- No swelling or warmth
- Night pain is absent
- Pain is worse with increased activity
- Pain which is usually relieved by rest
- Children often hobble or limp from the sports field

If this sound like the pain, call us today and let our experienced, professional team sort it out for you.

Footprints
Blenheim Podiatry

40 Seymour Street
Blenheim 7201

Phone: 03 577 8959

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